

FCSHD

ProCEL BULLETIN

FACULTY OF COGNITIVE SCIENCES & HUMAN DEVELOPMENT

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than **EXPECTED**

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Basic Helping Skills | Mental Health | Career Coaching Skill | Industrial Psychology | Counselling

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Vol.1
2019
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GIVING LEARNING

BOOST



UNIVERSITI MALAYSIA SARAWAK (UNIMAS)



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Editor's Note

Welcome to the first edition of FCSHD ProCEL Bulletin, our new biannual publication designed specially to showcase the achievement of FCSHD ProCEL and trainers, as well as to promote the training expertise of all faculty members.

This bulletin signifies a new milestone for FCSHD ProCEL. In this edition, we have included the success stories for the three trainers who were selected based on highest revenue in 2018. This bulletin is a platform to demonstrate the achievement of FCSHD trainers from January 2018 to September 2019, and to promote the workshops or programmes offered throughout the year to 2020. Of course, many more to come!

A special thank you to our editorial team, proof reader, and those that have contributed to this first issue. A special appreciation goes to Associate Professor Dr Puah Chin Hong @ Puah Chin Fang, Chief Executive Officer of UNIMAS Business School (UBS), Dr Norsuzailina Mohamed Sutan, Deputy Chief Executive Officer of UNIMAS Business School and also former ProCEL Manager, and all staff at UBS for their endless support and guidance for FCSHD ProCEL.

Thank you.

Nur Fatihah Mat Yusoff
Editor-in-Chief

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UNIVERSITI MALAYSIA SARAWAK

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With Compliments
from

FSKPM, UNIMAS

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FOREWORD MESSAGE



Dr Surena Sabil
Dean | Advisor

Welcome to this first volume of ProCEL Bulletin!

Professional Continuous Excellent Learning (ProCEL) at UNIMAS was established as an approved training provider under UNIMAS Business School and UNIMAS Holdings Sendirian Berhad (registered HRDF company). The establishment of ProCEL is a testament to the progress of UNIMAS for the last 27 years. ProCEL is dedicated to provide continuous, lifelong learning and education through corporate in-house and public training programmes for professionals, individuals and communities alike. UNIMAS ProCEL has a strong, experienced and qualified team of certified trainers, consultants and facilitators with client-oriented value-added and quality-training programmes as our core values.

In the Faculty of Cognitive Sciences and Human Development (FCSHD), UNIMAS, our trainers have the experience, expertise and certification to ensure that our programme and trainings are contemporary, innovative, application-oriented and multi-disciplinary. ProCEL provides a wide range of training opportunities designed to sharpen knowledge and skills. Apart from short courses, ProCEL offers Professional and Executive level Postgraduate Programmes to serve the working professionals and practitioners. Our trainers also collaborate with reputable training partners, who are committed to support individuals of any age and background to pursue their skills and knowledge.

In 2018, FCSHD ProCEL achieved the University target (KPI) by conducting 21 trainings and workshops. We hope more workshops and training will be conducted by our team in the future in order to meet the professional needs of individuals, professionals and the community.

Thank you.



Dr Amalia Madihie
Deputy Dean | Advisor
Industry, Community Engagement and Commercialisation

On behalf of the editorial committee for FCSHD ProCEL 2019 Bulletin, I am very pleased to present to you the first bulletin for UNIMAS Professional Continuous Excellent Learning (ProCEL), mainly to highlight our FCSHD experts and their trainings.

FCSHD ProCEL specialises in organising corporate in-house, public training and/or services programmes for organisations (i.e. government/private sectors/non-government/schools/higher education institutions), professionals, communities, and individuals who are interested to pursue lifelong learning for personal and career development.

FCSHD is a multidisciplinary faculty comprised of four programmes: Human Resource Development Programme, Cognitive Sciences Programme, Counselling Programme and Psychology Programme. Hence, the FCSHD ProCEL team has vast experienced and qualified team as certified trainers, registered counsellors, certified psychologists, consultants and facilitators.

I would like to show my gratitude to all FCSHD ProCEL trainers who continuously contributed to transfer their knowledge, experience and expertise through this channel. My personal thanks to two former ProCEL coordinators: Encik Mohd Razali Othman (2016–2017) and Dr Rizal Abu Bakar (2018), for their effort in enhancing FCSHD ProCEL since UNIMAS ProCEL was established in 2016.

Lastly, I would like to congratulate the editorial team led by Mdm. Nur Fatimah Mat Yusoff for their time and energy for making of the first FCSHD ProCEL Bulletin 2019, in conjunction with FCSHD Research Open Day 2019.

Thank you

Introduction to UNIMAS ProCEL

UNIMAS Professional Continuous Excellent (ProCEL) was established in 2016 as an approved training provider under UNIMAS Business School and UNIMAS Holding Sdn Bhd (registered HRDF company). UNIMAS ProCEL specialises in organising corporate in-house and public training programmes for professionals, communities and individuals who are pursuing lifelong learning for personal and career development. UNIMAS ProCEL has strong, experienced and qualified team of certified trainers, consultants and facilitators with client-oriented value-added and quality-training as core values.

VISION

To become an eminent contemporary lifelong learning training provider through excellent professional training programmes beyond borders.

MISSION

To provide continuous innovative lifelong learning training programmes to professionals, communities and individuals for their personal and career development.

FCSHD

ProCEL Committee



01

Dr Surena Sabil
Dean | Advisor



06

Dr Rizal Abu Bakar



11

**Mohd Razali
Othman**



02

**Dr Amalia
Madihie**
Deputy Dean ICEC | Advisor



07

Mai Sumiyati Ishak



12

**Muhammad
Ramlie bin
Hassan Shaari**



03

**Nur Fatihah
Mat Yusoff**
FCSHD ProCEL Coordinator



08

**Dr Nur Fatihah
Abdullah Bandar**



04

**Dr Philip Nuli
Anding**



09

**Professor Dr Rusli
bin Ahmad**



05

**Associate
Professor Dr
Lee Nung Kion**



10

Dr Merikan bin Aren

FACTS & FIGURES

i. Number of workshop and training programmes conducted (with revenue)

January - December, **2018**

21

January - August, **2019**

21

ii. Certified HRDF Trainers

1. Professor Dr Rusli Ahmad
2. Professor Dr Chen Chwen Jen
3. Professor Dr Shahren Ahmad Zaidi Adruce
4. Associate Professor Dr Teh Chee Siong
5. Dr Julia Ai Cheng Lee
6. Mai Sumiyati Ishak
7. Dr Rizal Abu Bakar
8. Heng Chin Siong
9. Farida Binti Abdul Halim @ Alil
10. Dr Mohammad Nur Azhar Mazlan

*"The only thing worse than training your employees and having them leave is not training them and **having them stay.**"*

- Henry Ford | Founder Ford Motor Company -

iii. Conducted Workshop / Trainings in **2018** & **2019**



01

Scratch Programming

"Continuous learning is the minimum requirement for success in any field."

- Brian Tracy -

"Knowledge doesn't come but you have to go to it."

- Imam Malik -

Mindfulness: Journey to Healthier Me Series for Professional Helper

01



Organiser / Trainer
Siti Norazilah Mohd Said



**Organiser
/ Trainer**
Heng
Chin Siong

- 01 Training Needs Analysis & Critical Thinking Skills
- 02 Strategic Management and Moving Forward Workshop
- 03 Managing Customer Service Beyond Expectation
- 04 Change Management and Productivity Improvement
- 05 Supervisory Competency Development Series (Module 1 – Supervisor as Strategic Business Partner)
- 06 Supervisory Competency Development Series (Module 2 – Developing Positive Mindset & Conflict Management)
- 07 Supervisory Competency Development Series (Module 3 – Cost Reduction Strategy for Manufacturing)
- 08 Supervisory Competency Development Series (Module 4 – Basic Cost Calculation for Manufacturing and Total Productive Maintenance)
- 09 Supervisory Competency Development Series (Module 5 – Managing Difficult Employees & Total Quality Management)
- 10 Supervisory Competency Development Series (Module 6 – Basic Failure Mode & Effect Analysis (FMEA) and Basic Lean Manufacturing)
- 11 Supervisory Competency Development Series (Module 7 – Goal Setting, Delegating Skills & Work Ethics)
- 12 Supervisory Competency Development Series (Module 8 – Managing Training Effectiveness and Effective Communication)
- 13 Excellent Supervisory Development Programme
- 14 Managing Training Needs Analysis Workshop
- 15 Managing Training Evaluation Workshop
- 16 Managing Employee Misconduct and Non- Performance Workshop
- 17 Personal Effectiveness and Work Ethics
- 18 Leading and Personal Effectiveness at the Workplace



Organiser / Trainer
 Dr Rizal Abu Bakar

- 01 Unleash Your Brain Power
- 02 Seminar Otak Cantik, Otak Cerdik
- 03 Neuro Parenting: Kemahiran Keibubapaan Saintifik dan Islamik
- 04 Ilmu Psikologi dan Neurosains dalam Komunikasi & Imej Korporat Berstruktur
- 05 Psychological Approach: Difficult and Crucial Conversation at Work
- 06 "I Love My Self, I Love My Team" Programme - Let's Talk: Awareness Mental Health 2019



Organiser / Trainer
 Dr Amalia Madihie

- 01 Hari Hasanah Counselling Workshop
- 02 Clinical Counseling Service
- 03 Introduction to Resilient Therapy
- 04 Introduction to Experimental Research Methods for Counselling

Trainer
 Nur Fatimah Mat Yusoff



Organiser / Trainer
 Mai S Ishak

- 01 Business Psychology (Special Edition): "Smart Self Skills for Business"
- 02 Effective Coaching Skills – for beginners: A course by ICF-Trained Professional Coach
- 03 Effective Coaching Skills – for beginners: A course by ICF-Trained Professional Coach
- 04 Indian Business Psychology and Culture



Registered Counsellor
 Dr Jamayah Sali

- 01 Counselling Service



Registered Counsellor
 Dr Amalia Madihie

- 05

Workshop / Training Programmes Conducted in 2018 & 2019



UNIMAS International Summer Programme 2018

01

**Organiser
/ Trainer**

Dr Siti Mariam
Abdullah

**Organiser
/ Trainer**

Professor Dr
Rusli Ahmad

01

Executive Certificate of Teaching & Learning – Series 1

02

Executive Certificate of Teaching & Learning – Series 2

03

Executive Certificate of Teaching & Learning – Series 3

Trainers

- 1) Associate Professor Dr Fitri Suraya Mohamad Hapni Joplie
- 2) Associate Professor Dr Hasbee Hj Usop
- 3) Dr Zaimuariffudin Shukri Nordin
- 4) Dr Siti Mariam Abdullah
- 5) Dayang Kartini Abang Ibrahim

Basic SPSS Workshop for Beginner 2018

01

Basic SPSS Workshop for Postgraduate 2019

02

SPSS Workshop (Intermediate level) 2019

03

**Organiser
/ Trainer**

Dr Nur Fatimah
Abdullah Bandar

Trainer

Associate Professor Dr Prashanth Talwar



SUCCESS STORIES OF 2018

Heng Chin Siong

Mr Heng Chin Siong holds a Master of Science and Bachelor of Science (Honours) in Human Resource Development and Postgraduate Diploma in Teaching and Learning from Universiti Malaysia Sarawak. He is also a HRDF Certified Trainer (TTT) and a member of Malaysian Institute of Human Resource Management (MIHRM). Prior to working with Universiti Malaysia Sarawak (UNIMAS), he worked with several local and multinational corporations (MNCs) in Sarawak in HR, Admin and Security functions. His job responsibilities were not limited to human resources, administrative and security only, but also covered a few projects at various subsidiaries within the MNCs.

During his previous employment, he was appointed as a member of the Management Review Team (MRT) for various ISOs. He was also entrusted to lead/work closely with Senior Management in complex and challenging projects. The diverse exposure has equipped him with the holistic view of managing and developing human capital, both theoretically and practically.

Heng Chin Siong was appointed as HR Consultant/Trainer/Facilitator with many private companies. Among his clients include Press Metal Sarawak, Press Metal Bintulu, OCIM (formerly known as Tokuyama Malaysia), Pertama Ferroalloys, OM Materials, Subur Tiasa Holdings Berhad, Samling Resources Sdn Bhd, SCORE EPCC, JKR Sarawak, Pansar, Sarawak Biodiversity, Everrise Departmental Store, WATIMA Testing, TMK Construction & Transport S, Regal Advantage, Dutch Lady Milk Industries, Executive College, I-Go Travel, United G.I Products, and UNIMAS Holdings Sdn Bhd.

Some of the completed HR consultancy jobs include revision and development of HR Policies and Procedures, Manpower Optimization Plan (Resources Restructuring), Remuneration Policies and Procedures (including Salary Structure), Salary Increment and Bonus Payment Policy and Procedures, Managing Poor Performance, Handling Disciplinary Workforce and others.





Dr Rizal Abu Bakar

Dr Rizal Abu Bakar is a senior lecturer at Faculty of Cognitive Sciences and Human Development, UNIMAS in the Psychology Programme. He holds a PhD in Clinical Psychology from the Australian National University (ANU) with subspecialty in Clinical Health Psychology, a Master of Counseling Psychology (MPsych (Counseling)) from Monash University, and a Bachelor of Psychology from International Islamic University Malaysia (IIUM).

Dr Rizal served in the aircraft engineering industry, civil engineering industry at a housing developer company and electronics engineering company with Motorola Technology Sdn Bhd in Malaysia before joining UNIMAS. He then moved to the mental and academic world of healthcare in Australia to pursue his studies.

Throughout his studies in Australia, Dr Rizal held various positions and duties in Melbourne and Canberra. He was a Youth Psychologist at Cardinia-Casey Community Mental Health, Melbourne. His project for teens there received the coverage of The Leader in 2004. He also served as a School Psychologist at Minaret College, Melbourne, a counselor at the ANU Counseling Center and a Clinical Psychologist with PPC Worldwide, a psychological service provider to government and industry agencies in Canberra.

In Canberra, along with being a PhD student and teaching staff at ANU Psychology Department, he worked as a Sleep Scientist at the Canberra Sleep Laboratory. His studies on snoring and mental health problems were covered by the media where he was interviewed on Channel 9 News Australia. He received an offer from the Harvard Medical School to conduct

a sharing session and was awarded a training session in Sleep and Brain under the supervision of Professor Robert Stickgold. He also studied sleep and brain with Professor David Dinges from the University of Pennsylvania after completing the training programme at Harvard Medical School.

His contributions in psychology especially to the Muslim community in Canberra led him to become a Fellow at St Vincent Hospital Melbourne, with a major focus on providing explanations and training on the Mental Health of Muslims to psychiatrists, nurses, psychologists and counselors in Melbourne. His recognition in the mental health community in Melbourne led him to work as a Senior Clinician at the Goulburn Valley Health Psychiatric Department in Melbourne, where he was further exposed to Brain Imaging. In Melbourne, he held many community sessions on brain care, especially in optimizing the performance of the brain and the health of the body. He also appeared on Melbourne's Malay Radio as an invited speaker.

After his studies, he resumed his work in academia at UNIMAS. He was the Deputy Dean of Career Affairs and Alumni at the Student Development Center, Universiti Malaysia Sarawak (2015-2016). Currently he conducts training in Malaysia, Indonesia, Singapore and Australia. He has a bi-weekly Dare to Be A Champion programme and a monthly Otak Perempuan Otak Power programme in Indonesia. He is also the Principal for Neuroversiti.com, an online brain training platform. As well as Otak Cantik Otak Cerdik, Dr Rizal also conducted seminars on Male vs Female, Future Brain, Train Your Brain Trim Your Body and a certification programme called Unleash Your Brain Power.

Dr Rizal is a Certified NLP Practitioner, Certified LAB Profiler, and Certified NLP. His works in brain imaging led him to be awarded with the Brain Imaging Certification by Siemens Healthineers, Germany. He was also awarded Best NLP Coach by the Ministry of Higher Education, Malaysia in 2015.

SUCCESS STORIES OF 2018

Dr Nur Fatihah Abdullah Bandar

Dr Nur Fatihah Abdullah Bandar is a Senior Lecturer of Human Resource Development Programme in the Faculty of Cognitive Sciences and Human Development, Universiti Malaysia Sarawak. She was a Research Assistant at Asia-Europe Institute, Universiti Malaya (2010–2013) before joining Universiti Malaysia Sarawak in 2014. She graduated with a Bachelor of Science (Human Development) in 2006 from Universiti Putra Malaysia. Dr. Nur Fatihah obtained her Master degree in Human Resource Development from Universiti Putra Malaysia in 2010 and her doctorate (PhD) in Social Sciences and Humanities (Quality of Life) from Universiti Malaya in 2015. For the most part of her career, her research is geared towards quality of life, quality of work life, career development, disability studies, happiness studies and well-being. She is also involved in MOOC development for Introduction to Human Resource Development in UNIMAS.

Since 2014, her teaching portfolio included statistics for Social Sciences for graduate students, while Work-life Balance, Career Development, Introduction to Human Resource Development, Human Development Psychology, and Organizational Development for undergraduate students. She was also assigned as coordinator for Industrial Training in 2017 and 2018. She is currently the Final Year Project Coordinator for HRD Programme. She has been assigned as the main supervisor for PhD in the area of Work-Life Balance and has one graduated student (Master by research) in the area Career Development.

She is also co-supervisor for several postgraduate students currently pursuing their study in MSc (HRD) by research and also MSc (Counselling) by research.

Dr Nur Fatihah is a trainer for SPSS Workshop (Basic and Intermediate levels) for postgraduate students and also for the general public. Her experience included SPSS Workshop for UNIMAS staff in 2016, and Basic SPSS Workshop for management team at the Leadership Institute of Sarawak Civil Service in 2018. In 2019, she conducted Basic SPSS for postgraduate students and Intermediate SPSS for the general public in collaboration with Associate Professor Dr Prashant Talwar. She looks forward to organise more SPSS Workshops to help students, academicians and practitioners to understand the various tools of analyzing data using IBM SPSS.



FCSHD

ProCEL Catalog 2019 & 2020

No.	Workshop/Training Programmes	Trainers
1	Certified Training Needs Assessor	Farida Abd Halim
2	Kursus Pembangunan Profesionalisme & Kemahiran Kendiri	
3	Kursus Peningkatan Kemahiran Daya Tahan Kendiri	
4	Train the Trainer	
5	Certified Career Advisor	Farida Abd Halim Mai S Ishak
6	Post Graduate Workshop: "Bengkel Persiapan Minda dan Permasalahan Kajian" (Module 1)	Professor Dr Rusli bin Ahmad
7	Post Graduate Workshop: "Bengkel Pengurusan Literatur Efektif" (Module 2)	
8	Post Graduate Workshop: "Bengkel Metodologi Kajian" (Module 3)	
9	Post Graduate Workshop: "Bengkel Analisa Kajian Kuantitatif" (Module 4)	
10	Post Graduate Workshop: "Bengkel Analisa Kajian Kualitatif" (Module 5)	
11	Post Graduate Workshop: "Bengkel Pelaporan Dapatan Kajian" (Module 6)	
12	Kursus Sijil Eksekutif Pengajaran dan Pembelajaran	
13	Management Listening Skills and Employee Problem Diagnosis	Mai S Ishak
14	Psychology of Love and Marriage "Creating Powerful Marriage & Relationships"	
15	Business Psychology "Smart Self Skills for Business"	
16	Effective Digital Personality	
17	Effective Coaching Skills for Businesses	Dr Nur Fatimah Abdullah Bandar Associate Professor Dr Prashanth Talwar
18	Basic SPSS Workshop	
19	SPSS Workshop : Intermediate Level	Dr Merikan bin Aren
20	Music Therapy	
21	Scratch Programming	Dr Rehman Ullah Khan

22	Getting Started with SPSS	Nur Fatimah Mat Yusoff
23	Excellent Supervisory Development Series (8 Modules)	Heng Chin Siong
24	Managing Employee Misconduct and Poor Performance	
25	Managing Training Function as Strategic Employee Development	
26	Managing Difficult Employee and Performance Appraisal Effectively	
27	Strategic Management and Translating SWOT into Business Plan	
28	"Saya Tidak Kaya, Tapi Saya Bahagia" Pengurusan Kewangan Peribadi Komprehensif (3 days)	Mohd Razali bin Othman
29	"Aakhirnya Saya Bahagia" Kemahiran Pengurusan Persaraan Komprehensif (3 days)	Mohd Razali bin Othman
30	"Saya Sedia Menolong Anda" Kemahiran Asas Menolong Menggunakan Pendekatan Rogerian (4 days)	Mohd Razali bin Othman
31	Public Speaking Power	Dr Rizal Abu Bakar
32	Younger Brain Smarter Mind	
33	Counselling Service	Dr Jamayah Saili Dr Amalia Madihie Dr Rizal Abu Bakar Mohamad Azhari Abu Bakar
34	Introduction to Experimental Research Methods for Counselling	Dr Amalia Madihie
35	Rational Emotive Behaviour Therapy (REBT): Principle, Theory and Application (for Novice Counsellor/ Counselling Trainee)	
36	Resilient Therapy Intervention	
37	Klinik Wasatiah	
38	Mindfulness: Journey to Healthier Me (1 day)	Siti Norazilah Mohd Said
39	Mindfulness: Journey to Healthier Me - Series for Professional Helper (2 days)	

**"It is not the knowledge
which should come to you,
it is you who should come
to the knowledge"**

- Iman Malik-

TESTIMONIAL

from Training Participants



Amelia Yeo | HR Manager
Everrise Departmental Store Sdn. Bhd.

01 >>>>

Training Programme:

"Managing Employee Misconduct & Non-Performance Workshop (5-6 August 2019) by Mr. Heng Chin Siong."

Testimonial:

"The delivery style of Mr. Heng not only simple, straight forward thus easy to understand, but also able to attract full attention of the participants throughout the workshop. Participants feel comfortable to ask, give feedback etc. Mr. Heng Chin Siong has created positive and attractive learning environment. Well done!"

<<<< 02

Then Shoou Jyh | Executive Director
TMK Construction & Transport Sdn. Bhd.



Training Programme:

"Managing Employee Misconduct & Non-Performance Workshop (5-6 August 2019) by Mr. Heng Chin Siong."

Testimonial:

"Very useful to my company and I can personally gain more knowledge."



Dominic Anak Tingom | Safety and Security Controller
Subur Tiasa Holdings Berhad

03 >>>>

Training Programme:

"Managing Employee Misconduct & Non-Performance Workshop (5-6 August 2019) by Mr. Heng Chin Siong."

Testimonial:

"So far everything well organized and in good order."

<<<< 04

Nur Faezah bt Arfan | Teacher
in Primary School in Mukah & PhD Candidate from Universiti Malaysia Sabah (UMS)



Training Programme:

"Basic SPSS Workshop for Postgraduate 2019 (11-12 February 2019) by Dr Nur Fatimah Abdullah Bandar & Associate Professor Dr Prashanth Talwar"

Testimonial:

Alhamdulillah, I met Dr Nur Fatimah earlier in a course in Kuching, which later she agreed to conduct SPSS workshop to help PG. The trainers, Dr Fatimah and Dr Talwar conducted the course with hands on method which enlighten me more of the functions in SPSS. It is the 'after service' that counts. Even after the course, Dr Fatimah would always entertain questions regarding SPSS in our social media group. And indeed, I recommend anyone who is interested to use SPSS in any field, to join SPSS workshop conducted by Dr Fatimah and Dr Talwar. It is worthwhile!

TESTIMONIAL

from Training Participants



**Sharifah Fatimah Binti
Wan Abd Rahman | ASHE Consultant**
Sara Excellence and PhD Candidate

05 >>>>

Training Programme:

"SPSS Workshop (Intermediate level) (8-9 April 2019) by Dr Nur Fatimah Abdullah Bandar & Associate Professor Dr Prashanth Talwar."

Testimonial:

"I have gratefully attended a two days SPSS Intermediate Workshop conducted by UNIMAS Business School (UBS). The workshop was one of the best educational experiences that I have ever had. During the workshop, we were given the chance to test-run our own statistic data. It was an opportunity to take an insightful look into my own research that gave me a greater depth of understanding on many related topics. The organizer also provides appropriate platforms to share knowledge and entertain queries with participants after the workshop. Their responses were very meaningful to me."

<<<< 06

Zakir Hussain Bin Ibrahim | Lecturer
from Politeknik Kuching Sarawak and PhD Candidate.



Training Programme:

"SPSS Workshop (Intermediate level) (8-9 April 2019) by Dr Nur Fatimah Abdullah Bandar & Associate Professor Dr Prashanth Talwar."

Testimonial:

"The course was well conducted and easily followed. The trainer, Dr Fatimah and Dr Talwar, are very knowledgeable on SPSS. Apart from that, they entertain queries and questions very professionally. Their response were very pristine. It certainly helped me understand not only SPSS but also the thought process to why we need to use SPSS in our research."

I would suggest anyone employing quantitative methodology in their career and vocation to join any courses conducted by Dr Fatimah and Dr Talwar particularly on SPSS. It is indeed worth the time to sit and listen to their courses."



Syed Muhammad Hamdi Syed Ahmad | CEO
Ahmad Tamar Sdn. Bhd.

07 >>>>

Training Programme:

"Unleash Your Brain Power
(31 March - 2 April 2018)
by Dr Rizal Abu Bakar"

Testimonial:

"Superb and mind blowing I managed to program my mind, conquer my fear and walk on fire without getting hurt. Just unbelievable. What surprised me more is that after this programme I have self confidence and ability to influence that I never thought I'm gonna have. I have successfully increased approximately 600% of my business revenue."

TRAINING EXPERTISE



Associate Professor Dr Abang Ekhsan Abang Othman

- HR / Manpower Planning
- Recruitment and Selection



Abang Izhar Abang Ahmad

- Training and Development
- Compensation and Benefits



Associate Professor Dr Abd Halim Busari

- Leadership, Fellowship, Strategic & Cognitive Decision Making
- Ihsan Based / Soul Based Leadership



Abdul Halim Hashim

- Occupational Safety and Health
- Emergency Management
- Training Skills



Dr Abdulrazak Yahya Saleh Al-Hababi

- Deep Learning
- Data Analytics and Visualization
- Triz Foundations



Dr Agatha Lamentan anak Muda

- Career Development
- Training & Development



Ahmad Sofian Shminan

- Web-based Application Development
- Learning Management System (Hands On)
- Video Presentation (Hands On)
- Microsoft Project & Microsoft Access Complete Development
- Software Selection Matrix (Step by Steps)



Aina Razlin Mohammad Roose

- Rehabilitation Counseling



Dr Akeem Olowolayemo

- Google Analytics for Business Intelligence



Dr Amalia Madihie

- Branding "Resilience Family, Resilience Community"
- Resilience Therapy Intervention
- Counselling Module/Intervention Development
- Mental Health
- Counselling Children and Adolescents



Dr Azzahrah Annuar

- Counselling Ethics
- Individual Counselling
- Counselling Theories
- Psychological Issues (Stress/Emotional Management)
- Student's Motivation
- Individual Counselling



Professor Dr Chen Chwen Jen ✓
Certified HRDF Trainer

- Technology - Enhanced Learning Design
- Learning Technology
- Research in Teaching and Learning (SoTL)



Dayang Kartini Abang Ibrahim

- Retirement Planning & Preparation
- Work-Life Balance



Edris Aden

- Career Counseling



Farida Abdul Halim @ Alil ✓
Certified HRDF Trainer

- Certified Training needs Assessors
- Certified Career Advisor
- Train the Trainer
- Resilience Building Skills



Dr Fatahyah Yahya

- Marriage Issue



Associate Professor Dr Fitri Suraya Mohamad Hapni Joblie

- Computer-supported Collaborative Learning
- Research Methodology & Cognitive Sociolinguistics
- Gamification of Learning



Dr Florianna Lendai anak Michael Mulok

- Occupational Safety and Health
- Sustainable Development
- Project Management
- Sustainability Global Reporting



Dr Hana Hamidi

- Structured on the Job Training (SOJT)



Helmi Sumilan

- Human Resource Practices (Recruitment & Selection)



Heng Chin Siong ✓

Certified HRDF Trainer

- HR Management
- Supervisory Development
- Industrial & Employee Relations
- Strategic Management
- Training Needs & Evaluation



Dr Mohamad Hardyman Barawi

- Machine Learning



Professor Dr Mohamed Sharif Mustaffa

- Educational Counselling
- Career & Guidance Counselling
- Spiritual Counselling



Dr Mohammad Nur Azhar ✓
Mazlan

Certified HRDF Trainer

- Learning Technologies



Mohd Hafizan Hashim

- Language Literacy
- Including English (TESOL, ESL, TEFL) & other Languages



Dr Mohd Kamal Othman

- Designing for User Experience



Mohd Razali Othman

- Employee Assistant Programme (EAP)



Dr Muhamad Sophian

- Neurofeedback Training (NFT)



Nik Norsyamimi Md Nor

- Labor Studies
- Minimum Wages Order



Nor Hasniah Ibrahim

- Family Counseling, Marriage and Relationship
- Parenting



Dr Nor Mazlina Ghazali

- Counseling Supervision
- Organizational Counseling



Dr Norehan Zulkipli

- Applications of Cognitive Psychology to Education



Dr Ida Juliana Hutashut

- Organizational Learning Culture
- Organizational Learning



Dr Jamayah Saili

- Workplace Counseling
- Personality & Stress Management
- Parenting & Life Enrichment



Dr Julia Lee Ai Cheng ✓

Certified HRDF Trainer

- Special Education (Autism & Dyslexia)
- Reading Disabilities & Learning Disabilities
- Reading Intervention



Dr Kartini Abd Ghani

- Working Memory Training
- Learning Theories & Its Application
- Learning / Memory Techniques
- Memory Errors & Forgetting



Dr Lee Jun Choi

- Educational Psychology
- Teacher Education
- Individual Differences,
- Guidance & Counseling



Associate Professor Dr Lee Nung Kion

- Artificial Intelligence
- Machine Learning
- Pattern Recognition
- Bioinformatics



Mai S Ishak ✓

Industrial Psychologist

Certified HRDF Trainer

- Certified Digital Entrepreneurship Trainer
- Certified Grow More Coach
- Executive, Business & Life Coach
- Certified Career Advisor
- Train the Trainer
- Business Psychology
- Psychotherapy



Dr Merikan Aren

- Basic Helping Skills
- Team Building
- Crisis Management
- Creative Arts Therapy



Mohamad Azhari Abu Bakar

- Counseling Psychology



**Associate Professor Dr
Norsiah Fauzan**

- Cognitive Neuroscience
/ Cognitive Psychology
- Neurofeedback Training (NFT)



Dr Nur Fatimah Abdullah Bandar

- SPSS Workshop
- Work Life Balance
- Quality of Life
- Well-being



Nur Fatimah Mat Yusoff

- Quantitative Data Analysis
- SPSS



Oon Yin Bee

- Human Factors & Ergonomics
- Web Design & Development



Dr Philip Nuli Anding

- Cognitive Modelling In
Science Education
- Cognitive Task Analysis
- Learning School



**Associate Professor Dr
Prashanth Talwar Yadav**

- SPSS, Research Methodology
(Qualitative, Quantitative
and Experimental Design)



Dr Rehman Ullah Khan

- Web Development.
- Mobile Apps Development
- Augmented Reality
- Virtual Reality & Scratch



Dr Rizal Abu Bakar ✓

Certified HRDF Trainer

- Public Speaking
- Neuro Linguistic



Ross Azura Zahit

- Quality of Life



Professor Dr Rusli Ahmad ✓

Certified HRDF Trainer

- Community And Sustainability
- Work As Woshopping
- Translated Work Talent
- Work Place Intelligent &
Infinity Planning
- Organisational Survival



Dr Salmah Mohamad Yusoff

- Basic Helping Skills
- Group Counseling & Leadership
- Choice Theory & Reality Therapy



Samsiah Jayos

- Hidayah Talk
- Counselling Guidance for Revert
- Dakwah to Non-Muslim & Family Guidance
- Guidance for Marriage Issues
- Islah to Muslim
- Model of Counselling for Revert
- Guidance for Individual Counselling for Revert
- Skill to Approach Potential Revert
- Spiritual Counselling Skill



Professor Dr Shahren ✓

Ahmad Zaidi Adruce

Certified HRDF Trainer

- Knowledge Management



Shaziti Aman

- Instructional Design
& Learning Technologies



Sheilla Lim Omar Lim

- Work-Life Balance



Siti Norazilah Mohamad Said

- Mental Health Counseling
- Group Counseling
- Mindfulness In Action
- Basic Helping Skills
- Module Development
- Dialectical Behaviour Therapy



**Associate Professor Dr
Sopian Bujang**

- Organizational Management & Development
- Sustainability Development
- Motivation & Leadership
- Critical Thinking & Decision Making



Dr Surena Sabil

- Work-Life Balance



Dr Tan Kock Wah

- SPSS & Statistics



Associate Professor Dr Teh Chee Siong

- Computer Vision
- Computational Intelligence



Dr Victoria Jonathan

- Communication for Support Staff



Dr Wan Norizan Wan Hashim

- Web Usability And Accessibility
- Usability Engineering
- User Experience & Engagement



Dr Wan Sofiah Osman

- Education, Training & Employment



Dr Zaimuariffudin Shukri Nordin

- Education
- Sustainable Development & Education for Sustainable Development
- Cognitive Psychology



Associate Professor Dr Zaiton Hassan

- Childcare Development & Balance
- Organization Change



Associate Professor Dr Hasbee Usop

- Training Needs & Training Evaluation
- Transfer of Training
- Knowledge Management
- Adult & Informal Learning
- Innovations in Teaching & Learning Science
- Leadership in Education



Dr Siti Mariam Abdullah

- Educational Management

*“ As an **industrial psychologist**, I believe that it is all about you, our clients. As such, for over 20 years, I have equipped myself with mastery of various techniques. I use psychotherapy, training, mentoring, advising, consulting, and coaching as and when it is needed”*

- Mai S Ishak -

*“ ProCEL provides me a platform to share my expertise, not only to the UNIMAS family, but also to the **industry and community**. It gives me a flavour in my career !”*

- Dr Amalia Madihie -

*“ By **helping** others, we are making this world a better place”*

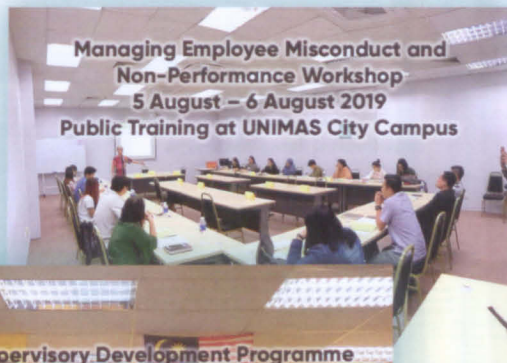
- Dr Nur Fatihah Abdullah Bandar -

Gallery

Managing Employee Misconduct and Non-Performance Workshop
5 August – 6 August 2019
Public Training at UNIMAS City Campus



Managing Employee Misconduct and Non-Performance Workshop
5 August – 6 August 2019
Public Training at UNIMAS City Campus



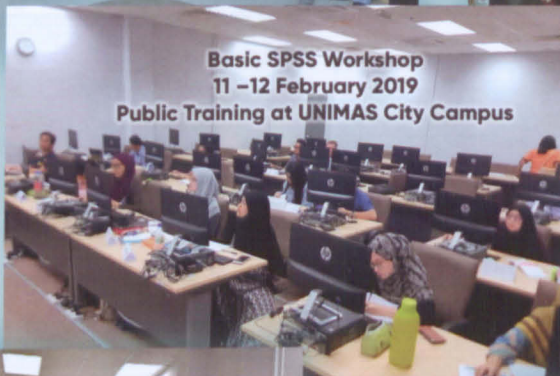
Supervisory Development Competency Series
8 Modules + 1 Coaching Session
In-House Training at Press Metal Sarawak, Mukah



Excellent Supervisory Development Programme
31 October – 1 November 2018
Public Training at UNIMAS City Campus



Basic SPSS Workshop
11 – 12 February 2019
Public Training at UNIMAS City Campus



Basic SPSS Workshop for Beginner 2018
16–17 August 2018
In-house workshop at Leadership Institute of Sarawak



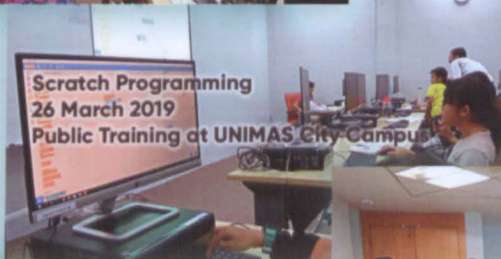
SPSS Workshop (Intermediate Level)
8 – 9 April 2019
Public Training at UNIMAS City Campus



SPSS Workshop (Intermediate Level)
8 – 9 April 2019
Public Training at UNIMAS City Campus



Scratch Programming
26 March 2019
Public Training at UNIMAS City Campus



Managing Customer Service Beyond Expectation
4 April – 5 April 2018
In-House Training at Everrise HQ, Kuching



Scratch Programming
26 March 2019
Public Training at UNIMAS City Campus



Supervisory Development Competency Series
8 Modules + 1 Coaching Session
In-House Training at Press Metal Sarawak, Mukah



PROMOTION

UNIMAS PROCEL
Introduction to
Experimental Research Designs
For
The Counsellors

Workshop Synopsis: Experimental research is an attempt by the researcher to maintain control over all factors that may affect the result of an experiment. In doing this, the researcher attempts to determine or predict what may occur. Experimental research design is one of the designs in counselling that is explored and practised. The content is mainly focused on counselling, psychological, professional, and individual who are involved in the research. Participants will be exposed to the introduction to the experimental design, experimental research, and basic types of design and analysis. Before the participant ends the programme, a hands-on exercise will be shown by the facilitator.

Who should attend: Counselling Educators, Counselling Researchers, Counselling Trainers, Postgraduate Students in the Social Sciences, Organisational Counsellors, Individuals who are interested in experimental research design.

Facilitator:
DR AMAGIA MADHE KS FA
Senior Lecturer
Faculty of Cognitive Sciences & Human Development
Registered Counsellor, Lembaga
Konselor Malaysia

9th-10th April 2019
0900AM - 0500PM
Classroom 3, Level 4
UNIMAS CITY CAMPUS,
KUCHING, SARAWAK

RM 200.00

Payment to:
Maybank

Workshop registration fee:
http://bit.ly/1878WZG100P5

For more information, please contact:
Dr Nur Fatimah Abdulrahman Bandari
N.F. 019-8601461
N.F. 019-8601461

LIMITED TO 30 SEATS ONLY
Last date of registration with full payment
27 April 2019

UNIMAS PROCEL

SPSS workshop Intermediate 2019

TRAINER
DR NUR FATIMAH
ABDULLAH BANDARI

TRAINER
AP DR PRADJANTHI TALWAR

08 - 09 APRIL 2019
0900AM - 0500PM
Computer Lab, Level 4
UNIMAS CITY CAMPUS,
KUCHING, SARAWAK

FEES : RM160

Payment to:
Maybank

Workshop registration fee:
http://bit.ly/1878WZG100P5

For more information, please contact:
Dr Nur Fatimah Abdulrahman Bandari
N.F. 019-8601461
N.F. 019-8601461

LIMITED TO 30 SEAT
Last date of registration with full payment
17 April 2019

UNIMAS PROCEL

Coffee & Talk
SUICIDE ~ BREAK THE SILENCE!
with
Dr Enina & The Gang

OPEN TO ALL FREE

13th JULY 2019
02 SATURDAY
03 2.00 - 4.00 PM
04 4.00 - 6.00 PM
05 6.00 - 8.00 PM

For more information, please contact:
Dr Nur Fatimah Abdulrahman Bandari
N.F. 019-8601461
N.F. 019-8601461

MANAGING EMPLOYEE MISCONDUCT AND NON-PERFORMANCE WORKSHOP

Upon completion of this program, the participants will be able to:

- Identify the roles of HRD professionals in managing misbehavior
- Identify common signs and symptoms of misbehavior
- Understand practical knowledge and techniques in managing misbehavior
- Manage group performance issues in the workplace and effectively
- Handle employee grievances in a more systematic way

5 August (Monday) and 6 August 2019 (Tuesday)
Level 4 - UNIMAS City Campus (UCC) - Beside Kompleks Baita Dan Sultan Negeri Sarawak

OVERVIEW
Dealing with employee relation issues requires sufficient and appropriate competencies. Have you encountered any undesirable situation that requires immediate understanding but reluctantly deal with it, because of various reasons? If the answer is YES, this is the right workshop to attend. This learning program is designed to provide insight, applied and practical skills to manage misconduct and performance issues. Misconduct and poor performance, if not managed properly, will result in costly consequences to the organization. This program will be the guide for professional and prepare them to manage the disciplinary and poor performance matters what the spirit of laws, organizational practices and general well-being of the organization.

METHODOLOGY
Interactive presentations, interactive group discussions based on experiential learning and case studies

WHO SHOULD ATTEND?
Those involved in managing staff misconduct and performance functions.

PROGRAM OUTLINE
Module 1 - The Roles of HRD Managers and Head of Department/Units
Module 2 - Managing Misconduct/Disciplinary Procedures
Module 3 - Managing Poor Performance (Including Performance Improvement Plan)
Module 4 - Domestic Inquiry Procedures (Including Appeal Domestic Inquiry)
Module 5 - Employee Engagement and Effective Communication
Module 6 - Managing Grievances

Organized by **UNIMAS BUSINESS SCHOOL**

Specialist Workshop Series
By Qualified Psychologists and Professional Coaches

PSYCHOLOGY OF LOVE AND MARRIAGE
"Create powerful marriage & relationship"
Session in Mrs. Engling & Barbara Heng

Empower Your Psychological Black-Box to Build Powerful Marriage and Relationship

Info & register bit.ly/englingworkshop

Kuala Lumpur 28 April 2019
Kuching 01 May 2019

In this workshop you will:

- Explore your psychological black box that influences the kind of marriage relationship you are creating
- Explore your own Love Style using Psychology Tools
- Learn to create love relationship a fulfilling marriage

Fees
RM 120 (Individual)
RM 750 (Couple)
Includes RM 50

Fees include:
Private Coaching by Qualified Psychologist and Professional Coach
Free Personalized Black-Box Your Love Style using Psychology Tools
Certificate of Completion
Free RM 50 Voucher

Deposit your Payment to
Maybank | Account number 9612 3960 8896
(Account name: Unimas Baita Dan Sultan Negeri Sarawak)

ENQUIRES: +6016 860 6804

UNIMAS PROCEL

PROGRAMMING

Scratch workshop 2019

TRAINER
DR REHMAN ULLAH KHAN

Co-TRAINER
SHEHREYAR KHAN

Breakfast and lunch will be provided

24 MARCH 2019
0900AM - 0500PM
Computer Lab, Level 4
UNIMAS CITY CAMPUS,
KUCHING, SARAWAK

FEES : RM50

Payment to:
Maybank

Workshop registration fee:
http://bit.ly/1878WZG100P5

For more information, please contact:
Dr Nur Fatimah Abdulrahman Bandari
N.F. 019-8601461
N.F. 019-8601461

LIMITED TO 30 SEATS
Last date of registration with full payment
23rd MARCH 2019



UNIMAS PROCEL

BASIC SPSS WORKSHOP for Postgraduate 2019

TRAINER
DR NUR FATIMAH
ABDULLAH BANDARI

TRAINER
AP DR PRADJANTHI TALWAR

07 - 08 FEBRUARY 2019
0900AM - 0500PM
UNIMAS CITY CAMPUS,
KUCHING, SARAWAK

FEES : RM160

Payment to:
Maybank

Workshop registration fee:
http://bit.ly/1878WZG100P5

For more information, please contact:
Dr Nur Fatimah Abdulrahman Bandari
N.F. 019-8601461
N.F. 019-8601461

Organized by
Faculty of Cognitive Sciences and Human Development, Unimas Baita Dan Sultan Negeri Sarawak



Contact Us

Any questions regarding the workshop, training & schedule, please contact:

Nur Fatihah Mat Yusoff

FCSHD ProCEL Coordinator



Mobile | WhatsApp: 0199983731



Direct Line: 082 - 582708



Email: mynfatihah@unimas.my



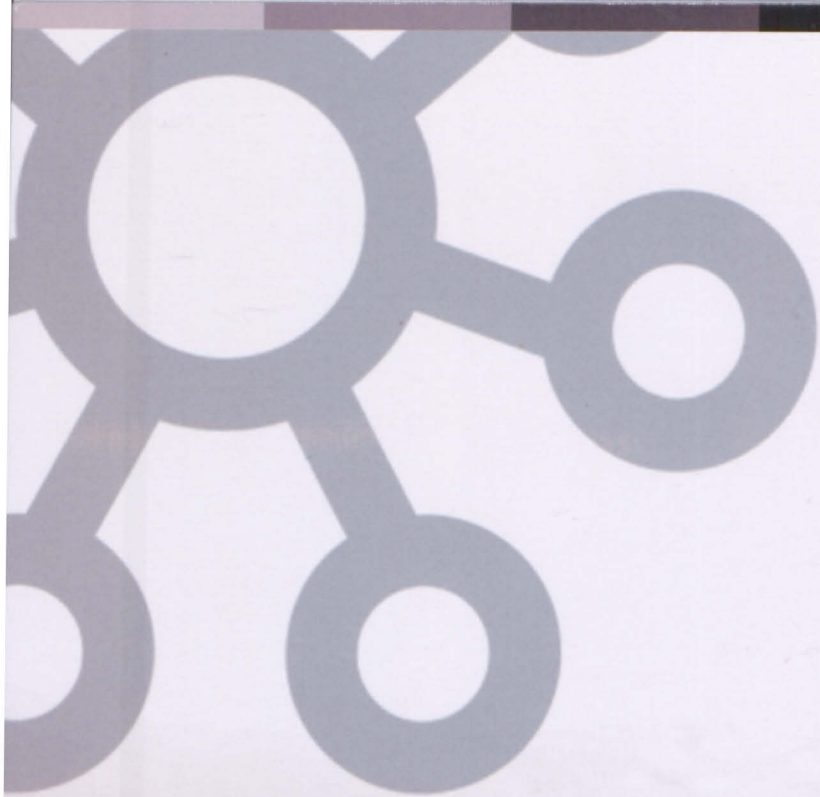
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Faculty of Cognitive Sciences & Human Development
Universiti Malaysia Sarawak (UNIMAS)
94300 Kota Samarahan, Sarawak.

